The impact of oscilating-cycloid vibration therapy interventions on skin condition, skin temperature and selected biochemical indices in blood in women with cellulite

ACTRN12619000092190

Status RECRUITING
Sponsor prof. Wanda Pilch
Enrollment 100 participants

Plain Language Summary

Cellulite — the dimpled skin appearance commonly seen on the thighs and buttocks — affects the majority of women and is thought to involve changes in the connective tissue and impaired circulation beneath the skin. Many treatments exist, but few have strong evidence behind them. This study tests a new approach: oscillating-cycloid vibration therapy, a form of mechanical vibration that has not previously been studied for cellulite.

Women with visible cellulite undergo a series of vibration therapy sessions, and researchers measure changes in skin condition, skin temperature, and certain blood markers before and after the treatment course. The goal is to understand whether this approach can improve the appearance and underlying biology of cellulite.

You may be eligible if you are a woman aged 20 to 60, have visible cellulite (at least level 1 on the Nürnberger-Müller scale), and have a low physical activity level. Women who do not have cellulite or who have medical conditions that contraindicate vibration therapy are not eligible.

Key Eligibility Criteria

Inclusion (1)

- Presence of cellulite lesions (level 1 on the Nürnberger-Müller scale or higher) and low physical activity level (measured with use of IPAQ questionnaire).

Exclusion (1)

- Lack of cellulite lesions, contradictions for vibration therapy

Locations (1 total)

Lesser Poland, Poland